

COOKING WITH THE CLASSICS
Enjoy this traditional Polish dish
“Golombki” Cabbage Rolls
from the era of Frederic Chopin



Ingredients:

- 2/3 cup water
- 1/3 cup uncooked white rice
- 8 cabbage leaves
- 1 pound lean ground beef
- 1/4 cup chopped onion
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 8oz. can condensed tomato sauce

Steps:

1. Cook white rice as directed on package
2. Bring a large, wide saucepan of lightly salted water to a boil. Add large cabbage leaves and cook for 2 to 4 minutes or until softened; drain.
3. In a medium mixing bowl, combine the ground beef, 1 cup cooked rice, onion, salt and pepper, along with 2 tablespoons of tomato sauce. Mix thoroughly.
4. Divide the beef mixture evenly among the cabbage leaves. Roll and secure the leaves with toothpicks or string. Finished roll should be the size of a fist.
5. In a large deep skillet over medium heat, place the cabbage rolls and pour the remaining tomato sauce over the top. Cover and bring to a boil. Reduce heat to low and simmer for about 40 minutes, stirring and basting with the liquid often, or bake at 400 degrees for an hour to an hour and a half covered.
6. Place Golumbkis in a serving dish, pour tomato sauce from pan cross them and serve.

Serves 4 to 6 people (or 1 Golumbki per person).

